





TEMPLETON SENIOR CENTER - JUNE 2015

225 Wiggington Road- Days and Hours vary as listed

Lynn Fox, Senior Recreation Specialist; Marsha Berry & Krista Johnson, Recreation Specialists - 434-455-4115

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:30 Chair Exercise Video 9:30 Inter. Bridge #4 w/Phyllis Moldenke 12:30 Bridge Club 5:00 Zumba w/Kirsten Eubank	2 8:15 Yoga w/Debbie Ladd 9:30 Chair Exercise Video & Social Bridge 12:00 Zumba at Noon w/Gulshan Ari 5:30 Cardio Fit & Tone Exercise Class w/Mary Harris	3 1:30 Beginning Bridge # 5 w/ Phyllis Moldenke 5:00 Zumba 6:30 Intro to Oil Painting #3 7:00 pm Bridge Club	4 9:30 Chair Exercise, Mahjong & Social Bridge 12:00 Zumba at Noon 5:30 Cardio Fit & Tone Exercise Class	9:30 Chair Exercise Video 5 9:30 Canasta 10:00 Bridge Club SATURDAY 6 ~ All About Art Day ~ 6 Different art classes!! See newsletter for details.
8 9:30 Chair Exercise Video 9:30 Inter. Bridge #5 12:30 Bridge Club 5:00 Zumba 6:30 Painting on Slate w/ Linda Duff	9 8:15 Yoga 9:30 Chair Exercise Video & Social Bridge 10:30 Beware of Scams w/Deborah Bell 12:00 Zumba at Noon 5:30 Cardio Fit & Tone Exercise Class	10 10:30 Current Issues & Events 1:30 Beginning Bridge #6 5:00 Zumba 7:00 pm Bridge Club	11 9:30 Chair Exercise, Mahjong & Social Bridge 10:30 Literature for Life 12:00 Zumba at Noon 5:30 Cardio Fit & Tone Exercise Class	9:30 Chair Exercise Video 12 9:30 Canasta 10:00 Bridge Club SATURDAY 13 SUMMER CONCERT SERIES  Smokey Wilson Country Gospel
15 9:30 Chair Exercise Video 9:30 Inter. Bridge #6 12:30 Bridge Club 5:00 Zumba 6:30 Cooking Series # 2 Freezer Meals w/Susan Prillaman	16 8:15 Yoga 9:30 Chair Exercise Video & Social Bridge 10:30 Fall Prevention Program- Nancy Downey 12:00 Zumba at Noon 1:00 Watercolor Express w/ Betty Leary 5:30 Cardio Fit & Tone Exercise Class	17 10:30 Intergenerational Program: Cupcake Decorating 5:00 Zumba 7:00 pm Bridge Club	18 9:30 Chair Exercise, Mahjong & Social Bridge 10:30 Meet the Author- Dawn Wise 12:00 Zumba at Noon 5:30 Cardio Fit & Tone Exercise Class	19 9:30 Chair Exercise Video 9:30 Canasta 10:00 Bridge Club
22 9:30 Chair Exercise Video 12:30 Bridge Club 5:00 Zumba	23 8:15 Yoga 9:30 Chair Exercise Video & Social Bridge 10:30 English Gardens w/Susan Timmons 11:30 Bacon/Cheese Quiche Lunch \$4.00 Reg. & pay by 6/22. 12:00 Zumba at Noon 3:00 Beading w/Jamie 5:30 Cardio Fit & Tone Exercise Class	24 10:30 Current Issues & Events 1:30 Beginning Bridge #4 5:00 Zumba 7:00 pm Bridge Club	25 9:30 Chair Exercise, Mahjong & Social Bridge 12:00 Zumba at Noon 5:30 Cardio Fit & Tone Exercise Class	26 9:30 Chair Exercise Video 9:30 Canasta 10:00 Bridge Club
29 9:30 Chair Exercise Video 12:30 Bridge Club 5:00 Zumba	30 8:15 Yoga 9:30 Chair Exercise Video & Social Bridge 12:00 Zumba at Noon 5:30 Cardio Fit & Tone Exercise Class			

Calendar of Events Subject to Change.

Find more offerings: WWW.LYNCHBURGVA.GOV/PARKSANDREC ~ PARKSINFO@LYNCHBURGVA.GOV